



Kingston Community
Health Centres
Centres de santé
communautaire de Kingston

FREE 2.5 HOUR WORKSHOP

For adults living with chronic pain

Chronic Pain: Empowered Relief

Train your brain away from pain. Join us for this 2.5-hour workshop to explore pain relief techniques using cognitive behavioral techniques (CBT) and mindfulness



Join us online via Zoom

Key Features of Empowered Relief:

- Evidence-based: Developed with scientific research and clinical trials conducted at Stanford University.
- One-session intervention: Provides effective pain management skills in a single, time-efficient class (2.5 hours)
- Focus on self-management: Equips you with tools to take an active role in their pain management.
- Personalized approach: Develop a plan tailored to your individual needs.
- Proven efficacy: Studies show reduced pain intensity, improved sleep, and reduced anxiety.
- Complementary approach: Can be integrated into various pain care pathways.



Register today

Online: kchc.ca/programs/regional-self-management-program/ or
Email: selfmanagement@kchc.ca



Workshop date Dec. 2nd
Space is limited.

